

# SAAMI

## get Back with CLASS

SALE STARTS:

WEDNESDAY AUGUST 18, 1999.

PRICES IN EFFECT UNTIL AUGUST 29, 1999.



### Stepping Back into Class

Keeping it casual with back with class styles.  
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# I Want To Be Me.

## Fall Essentials From SAAN

If it's time to head back to school and you still haven't done your shopping, check out these fall essentials from Saan. Start with a go-with-anything rolled-cuff blouse in a neutral-like white, khaki or stone and pair it with comfy cargo pants. Or dress up the blouse by layering it over a flirty plaid skirt.

Warm up your look with a colourful ski sweater that works with both pants or skirts. Or team up a denim jacket with a chenille boa. Then add a dash of style with a roomy fashionable bag to toss over your shoulder.

Blouse  
19<sup>99</sup>

Plaid Skirt  
19<sup>99</sup>

Selected Handbags  
9<sup>99</sup>





# Pleased with the clothes.

Thermal  
Tank Top

9<sup>99</sup>

Cardigan

14<sup>99</sup>



Carpenter Pants

24<sup>99</sup>

Carpenter  
Overalls

29<sup>99</sup>

Baby Tees

2<sup>99</sup> or 17<sup>00</sup>

or 9.99 each

## In Style Solutions

Not quite summer, not yet fall -- the best way to keep it together when the temps change is to layer your look.

Top your cargos with a thermal tank or V-neck baby Tee. Hot right now are powder pale colours or always-in-style classics like black, grey and stone.

The cargo craze is still going strong and the latest twist is cargo overalls. Perfect for fall!

Best cool weather bet? A thermal cardigan that offers warmth and fashion fun.



# Stepping Back into Class

## Popular OPINION

Put your popularity into high gear by developing people skills that help you get along with others. If you find it difficult to break into groups, be subtle. Listen, make eye contact and look for opportunities to move the conversation along. A sense of humour is always a great asset.

Keeping up with the trends and playing up your strengths are also winning ways to feel good and build your popularity.

Guys can keep it casual this fall with cargo pants topped with shirts and Tee's. Details like V-necks and stripes on tops give them an up-the-minute style. Trade in last year's shoes for casual oxfords to give you a kick style late.

Long-sleeve shirts are a staple and look great on girls with jeans or your favorite jeans.

V-Neck Top

18<sup>49</sup>

Ladies  
Long Sleeve T-Shirt

2 FOR 25<sup>00</sup>

or 14.99 each

Cargo Pant

29<sup>99</sup>

Cargo Pant

24<sup>99</sup>

Mens'  
Oxford

24<sup>99</sup>

Socks

4<sup>49</sup>-7<sup>49</sup>



# Getting the LOOK

## What Makes a Person Popular?

\* Believe in yourself and develop positive self-esteem

\* Recognize and enjoy the things that make you special

\* Be trustworthy to build friendships

\* Co-operate and be flexible -- but don't sell out your values to be popular.

\* Respect all people -- including adults and kids involved in other social groups

Remember that there are many crowds you can be a part of. Most of all - be patient. It always takes time to make new friends. Breaking into a new crowd can take time, too.

Zip Neck T-Shirt

18<sup>49</sup>

T-Shirts

2<sup>FOR</sup> 17<sup>00</sup>

or 9.99 each

Cargo Pant

29<sup>99</sup>

Cargo Overall

29<sup>99</sup>



Socks

3<sup>69</sup>-6<sup>69</sup>

Ladies' Oxfords

24<sup>99</sup>





Hooded Top

22<sup>49</sup>

Drawstring  
Cargo Pants

24<sup>99</sup>

Plaid Shirt

14<sup>99</sup>

Cargo Pants

24<sup>99</sup>

Clothes that  
Keep Up To  
**YOU**

School, friends, homework, sports, movies, hobbies -- it seems like you're always on the go. Take advantage of some of this year's hottest styles that combine great looks with easy-to-wear flair.

Nothing's more comfortable than flannel and this year's hoodys are what's hot now. Pants with a drawstring waist and cargo pants are high on the list of back-to-school basics.

For girls -- pick up a plaid shirt in one of this season's bright patterns to round out your wardrobe.

**Clothes That  
Make The Grade**



# Get in Gear

## Having Fun On A First Date

He's asked you out and you've said yes. Now you've got a bad case of the jitters. Try these easy hints to help you relax and enjoy your first date:

## Do Something Active

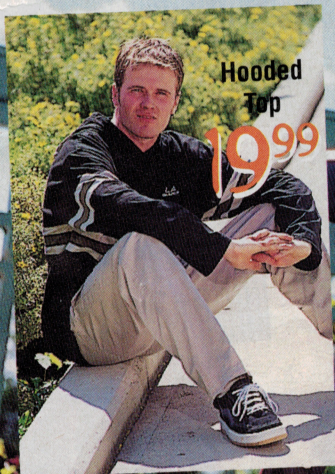
If you're worried conversation will be awkward, suggest an activity like inline skating or bowling where conversation will be more spontaneous.

## Who Pays?

If he's asked you out, chances are he's planning on treating you. But if you've picked an activity that costs big bucks, offer to pay your share.

## Relax and Be Yourself

Talk about your own interests, listen to his and have some fun. When the date ends, tell him what was great about the date. If you have an event coming up, mention it casually and see if he's interested. If he is, follow it up with an invitation in a few days.



Hooded  
Top

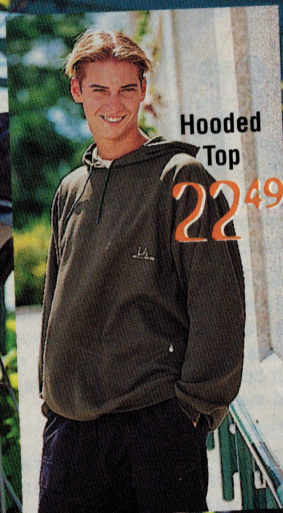
19<sup>99</sup>

L.A. Blues  
Cargo Pants

24<sup>99</sup>

Navy Top

18<sup>49</sup>



Hooded  
Top

22<sup>49</sup>





Large Backpack  
Asst. colours

14<sup>99</sup>

Check Shirt

14<sup>99</sup>

Backpack

14<sup>99</sup>

Scoop  
Neck Tee

14<sup>99</sup>

Binder  
Backpack

11<sup>99</sup>

Sportsbag

14<sup>99</sup>

Keep  
Stress  
in CHECK

If you're feeling frazzled, check out  
these tricks to help you relax and  
refresh:

**Sleep**

Not getting enough sleep can make  
you feel irritable. Try keeping your  
routine the same every night to cue  
your body that it's time for some  
shut-eye.

**Laugh**

Watch your favourite sit-com or a  
funny movie to lift your spirits and  
release the tension.

PAGE 8

25% off All

Carpenter  
Jeans

25<sup>99</sup>

Cargo Jeans

25<sup>99</sup>

L.A. blues Jeans

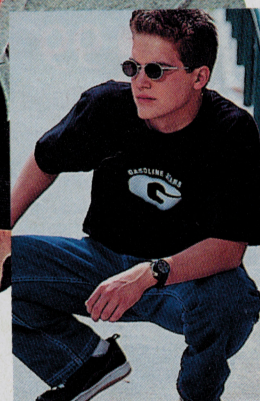


Sweater Vest

19<sup>99</sup>

'Gasoline'  
T-Shirts

10<sup>99</sup>



GASOLINE JEANS

### Meditate

If you haven't tried it you may be surprised at how much calmer meditation can make you feel. To start, breathe deeply, close your eyes and focus on a happy image. Even a few minutes will help you find your balance.

### Take a Mental Break

Chill out by doing something else. Go for a walk or call a friend for a change of pace.

### Write it Out

Put your thoughts on paper and you'll find it's a great way to identify your problems and possible solutions.

### Be Positive

Give yourself a pep talk and think about all the things that are great in your life. It helps put the stressful situations into perspective.

# Family Denim

Boot Cut  
Jeans

25<sup>99</sup>

Painter Jeans

29<sup>99</sup>



# Get Back To Your Style

Ladies' Short Sleeve Sweater

24<sup>99</sup>

Ladies' V-Neck Sweater

24<sup>99</sup>

Ladies' Cargo Pant

24<sup>99</sup>

Ladies' Plaid Skirt

24<sup>99</sup>

FASHIONS  
at **LARGE**

## Secrets to Make Your Skin Glow

1. Always remove any make-up before going to bed to avoid clogged pores.
2. Use a sunscreen under your make-up -- even though summer is disappearing, the sun's rays can damage your skin.
3. Apply foundation only where skin colour is uneven.
4. Use a coloured lip gloss for vivid shine.
5. Perk up your skin by brushing peach blush on your temples, chin and cheeks. Be sure to blend to avoid that streaky look.



Cargo Tee

14<sup>99</sup>

FASHIONS  
at **LARGE**

Thermal Tee

2<sup>50</sup> FOR 27<sup>00</sup>

or 16.99 each

Jumper

29<sup>99</sup>

Overalls

33<sup>49</sup>

**Rush  
Hour  
Beauty  
Tips**

If you're pressed for time in the morning, work these tips into your beauty routine for great results:

1. Streamline the number of products you use. Check out the new products that combine powder with foundation or eyeshadow and eyeliner -- using fewer products will save you time.
2. Organize your clothes at night. It's too hard to think about what to wear when you're rushed. This strategy eliminates the early morning guesswork.
3. Get the right haircut. Make sure your haircut makes the most of your hair type. If your hair takes more than 20 minutes to style each morning, you might be spending more time than you need. Ask your stylist for suggestions.

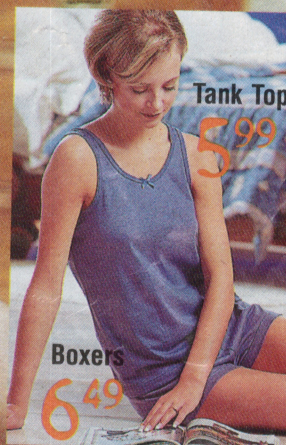
The  
Right  
Clothes



# You Can Never Have Too Much Lingerie

Tank Top  
5<sup>99</sup>

Boxers  
6<sup>49</sup>



## Breakfast Energy Boosters

Rest easy in comfy sleepwear like a tank and boxers then face the day with an energy boosting breakfast. Chances are if you skip breakfast, you won't be getting the nutrients you need to look and feel your best. Need some ideas? Try some of these good-for-you choices:

\*Cereal is a great option -- choose one with about 3 grams of protein and 2 g or more of fibre per serving. Watch the sugar content -- if it's listed first, second or third on the list of ingredients, pass!

\*Add raisins, sliced bananas or berries to cereal.

\*Top fruit with yogurt

\*Pick whole grain bread more often than white.

\*Check out last night's leftovers -- it doesn't have to be a "breakfast" food to get you started on a great day.





Assorted  
Bras

5<sup>99</sup>-14<sup>99</sup>

Hi-Cut  
Briefs

4<sup>49</sup>



Bra

14<sup>99</sup>

Buy the Bra...  
Get the Matching  
Brief or Thong Free!  
Retail Value 5.99

SPENCER

## Just The Facts...

Finding the right bras and briefs to wear under your clothes can go a long way to ensuring you are comfortable and confident.

Make sure you find a bra that fits properly and doesn't gape or bind. Check for fabrics like lycra that stretch with you and cotton that's soft and light.

Finding the right bra may mean trying on a few. Watch for light, medium or full support and check out underwire styles and molded cups for added support. The good news is that with so many choices, there's something for everyone.

Hi-Cut  
Briefs

5<sup>99</sup>

4<sup>99</sup>/3 FOR 12<sup>99</sup>





# Accessories Accessories

Fashion Jewelry and Hair Accents

**2<sup>E</sup> 5<sup>00</sup>** Reg. 2.99 **2<sup>E</sup> 6<sup>00</sup>** Reg. 3.99



## Fashion Butterflies

Butterflies take flight in this fall's hottest hair styles. Braids and updos are big trends and these clips are ideal for securing loose strands.

Funky new digital watches keep up to you and add a dash of playful style to all of your fall looks. Just for fun... press the button and watch the butterfly appear!

**14<sup>99</sup>** Reg. 19.99



## Fashion Rings



**2<sup>E</sup> 5<sup>00</sup>** Reg. 2.99

If you like to talk with your hands, add two or more of these great rings and you'll make a strong



Gotta  
live in  
comfort

PJ Pants

12<sup>99</sup>



Boxers

4<sup>99</sup>-7<sup>99</sup>

COLLECTION  
*Yves Martin*

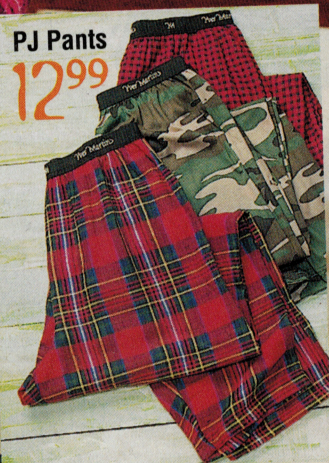
**Fuel  
Your  
Muscles**

Choosing the right foods to eat can help fuel your muscles and boost your energy for sports. Check out these easy-to-follow guidelines:

- \*Eat a variety of foods -- eating the same thing every day is boring and won't give you the variety of nutrients your body needs.
- \*Eat generous amounts of fruits and vegetables.
- \*Breads, grains and cereals are the building blocks of a good diet.
- \*Protein-rich foods such as meat helps to build and repair muscle.
- \*Don't forget about milk and other dairy products. Your bones are alive throughout your life and need calcium to keep them strong.

PJ Pants

12<sup>99</sup>





## In Your Dreams

Did you know that you dream at least once every night and your dreams are in colour?

Dreams last about 10-15 minutes each.

Similar dreams can mean totally different things to different people.

Comforters

19<sup>99</sup> - 34<sup>99</sup>

Tank Top

5<sup>99</sup>

Cargo PJ Pants

10<sup>99</sup>

5<sup>99</sup>

Flannel  
Boxers



# Give Me That Comfy Feeling

Percalé Sheet Sets

19<sup>99</sup>-29<sup>99</sup>



Binder Backpack

11<sup>99</sup>



Standard  
Moonlight Pillows

2 for 14<sup>00</sup>  
Queen 2 for 15<sup>00</sup>



Granny Stripe  
Super Pillow

Percalé Sheet Sets  
Twin 19.99  
Double 24.99  
Queen 29.99



Comforters  
Twin 19.99  
Double 24.99  
Queen 34.99





# On Your Mark, Get Set, Go!

Ladies' Athletic Shoe

19<sup>99</sup>



Special Offer  
Champion Sport Socks

Ladies' Socks

8<sup>99</sup>



Men's Athletic Shoe

18<sup>99</sup>



Men's Court Shoe

22<sup>99</sup>

11-13 Youth Court Shoe

22<sup>99</sup>



TECHN' LITES

Child's 6-10 Hiker  
Winnie the Pooh

14<sup>99</sup>



Child's 6-10 Velcro Athletic Shoes

10<sup>99</sup>



## On The Run

Running is a popular way to tone up, relax and have some fun.

Here are a few ways to keep your run fresh and interesting:

\*Try to speed up your time. If you run the same route every day, trying to finish just one minute quicker can be a personal challenge.

\*Change your pace. Run at a normal pace, then pick a landmark - a tree or light post -- and run as fast as you can to that spot. Then return to a normal pace.

Run with a friend. It helps to keep you both motivated while still making great strides.



S-XL  
Long Sleeve  
Crewneck

13<sup>99</sup>

Boys' 3-6  
Suede Skate  
Shoe

19<sup>99</sup>

Cargo Pants

27<sup>99</sup>

# Extreme Shoes

Men's Skate  
Shoe

21<sup>99</sup>

Misses' 12-4  
Athletic Shoe

17<sup>99</sup>

Ladies' Suede  
Court Shoe

21<sup>99</sup>

Men's Suede Skate Shoe

21<sup>99</sup>

Boys' 1-6 Skate  
Shoe 19.99

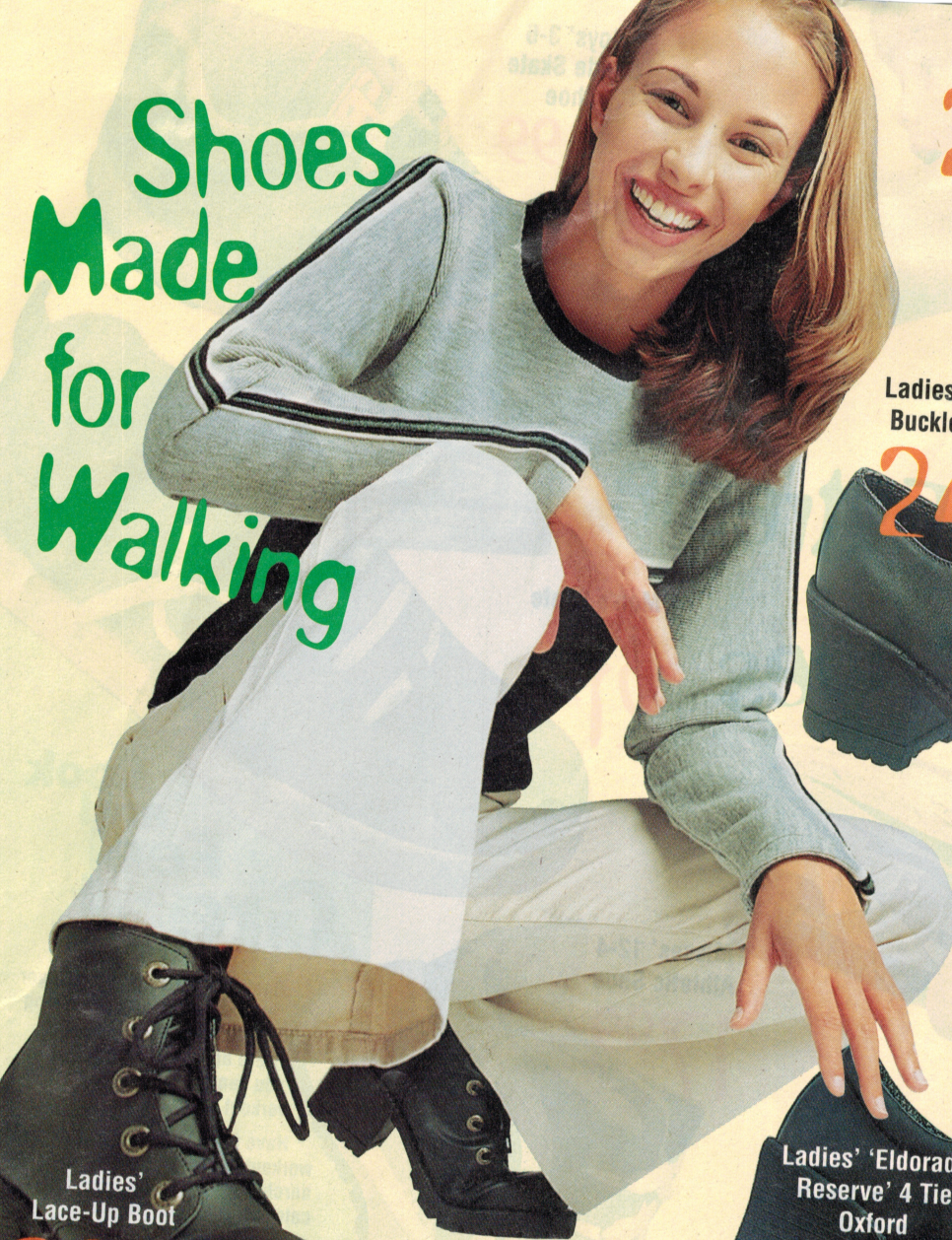
Look  
and  
Feel  
Great

Don't underestimate the power of regular exercise in helping you look and feel your best. Here are some hints to help you sandwich in some extra workout time:

- \* Have fun by teaming up with a workout buddy for a walk, run or aerobic activity. It's a great way to catch up with your friends.
- \* During commercial breaks, hit the floor and do a set of 25 ab crunches. It's not hard and it helps strengthen stomach muscles.
- \* Stretch for 10 minutes when you get out of bed to start your day off loose and limber.
- \* Crank up your favorite tunes and dance for 15 minutes or more.
- \* Take the stairs whenever you can and avoid the elevator - a perfect workout to tone your legs.
- \* Invite your buds for a game of basketball at the nearest school playground.



# Shoes Made for Walking



Ladies'  
Fashion Bootie  
**29<sup>99</sup>**



Ladies' Double  
Buckle Oxford  
**24<sup>99</sup>**



**Sole Searching**

Search no more! Chunky shoes and boots are perfect with fitted flares, long skirts and everyday jeans. Watch for wedge heels and oxford lace-up styles! Black is the go-with-everything colour that's great with all the latest looks.

Ladies'  
Lace-Up Boot

**29<sup>99</sup>**



Ladies' 'Eldorado  
Reserve' 4 Tie  
Oxford

**24<sup>99</sup>**



Ladies'  
Wedge Oxford

**24<sup>99</sup>**



Ladies'  
Stretch Loafer

**24<sup>99</sup>**



Ladies'  
Fashion Boot

**29<sup>99</sup>**





# Feet First



11-4 Misses' Oxford

14<sup>99</sup>

Misses' 12-4 Zip Front Buckle Boot

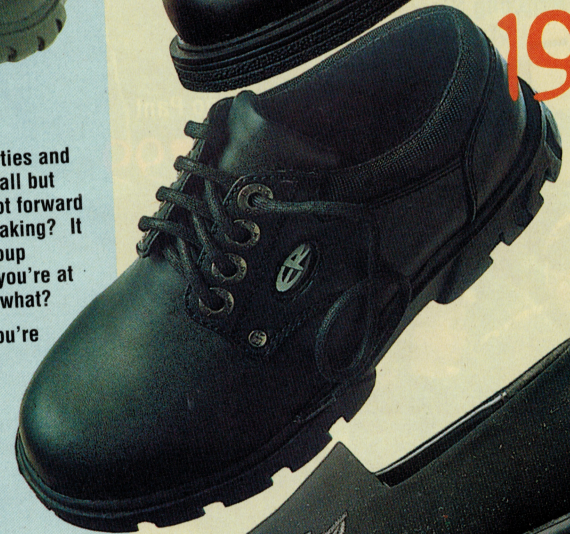
19<sup>99</sup>



Boys' 3-6 Casual Oxford

19<sup>99</sup>

Youths' 11-2 Casual Oxford 14.99



Misses' 11-4 Wedge Boot

19<sup>99</sup>



Child's 5-10 Casual Shoe

12<sup>99</sup>



Child's 5-10 Boot

14<sup>99</sup>

## Put Your Best Foot Forward

Platform shoes, side zip booties and oxfords will help you stand tall but how do you put your best foot forward when it comes to public speaking? It may be a book review or group project and all of a sudden you're at the front of the class. Now what?

\* First -- don't let on that you're nervous. No one will know unless you tell them.

\* Make sure you've done your homework. The more knowledgeable you are about your topic, the more confident you will be.

\* Be enthusiastic. If you're animated and are enthusiastic about the topic, it will shine through and you'll hold people's interest.

\* Use logic -- make your points then back them up with facts.



Misses' 12-4 Platform Loafers

14<sup>99</sup>



Childs' 6-11 Platform Loafer

14<sup>99</sup>



# Top of the Heap

## Best Back-To-School Bets

Whether you're travelling by skateboard, bus or bike, these clothes will take you back-to-school in style.

If you loved the latest Star Wars flick, pick up on the craze with a Star Wars inspired T-shirt. Match it up with a pair of ripstop cargo pants and throw a mohair full-zip mock in your backpack for when the sun goes down.

Best Bet? Ribbed crewnecks go anywhere and with everything.

A basic that's worth stocking up on.



S-XL  
Rib Crewneck

14<sup>99</sup>

S-XL  
Mohair Full  
Zip Mock

24<sup>99</sup>

Cargo Pant

27<sup>99</sup>

Cargo Pant

27<sup>99</sup>

S-XL  
Long Sleeve  
Crewneck

13<sup>99</sup>

S-XL  
Star Wars  
T-Shirts

11<sup>99</sup>

13<sup>49</sup>  
4-6X  
Ripstop  
Cargo Pants  
S-XL 14.99



# Putting on the Glitz

## Getting Along With Mom

If you love her but she makes you want to scream, read on for a few tips on how to get along.

Build a strong relationship by doing fun things together.

## Show Your Mom You Respect Her

Getting frustrated won't help your relationship. Try to see her viewpoint too.

## Understand That Your Mom Wants You To Be Safe

Share your plans with her and then be home by the agreed upon time.

## Be a Problem Solver

Try to find a solution that you can both live with. If she says "no" to an evening movie, try the afternoon show.

7-14 Girls' 3/4 Sleeve Top

10<sup>99</sup>

7-14 Girls' Jumper

14<sup>99</sup>

Chenille Boa

9<sup>99</sup>

3/4 Sleeve Bubble Top

10<sup>99</sup>

Short Skirt

10<sup>99</sup>

Fooler Top

10<sup>99</sup>

Pants

12<sup>99</sup>



# 25% off Family Denim

(Not including 'Here's Value' everyday low price items)

2-6X  
Boys' Jeans

**22<sup>49</sup>**

Reg. 29.99

Jeans

**25<sup>99</sup>**

Reg. 34.99

**Levi's**

L.A. blues Jeans

Jeans

**22<sup>49</sup>**

Reg. 29.99

# SAAN

get Back with CLASS



FOR THE STORE LOCATION NEAREST YOU CALL TOLL FREE:  
**1 888 606-SAAN (7226)**

FOR CUSTOMER SERVICE CALL TOLL FREE:  
**1 877 367-SAAN (7226)**